

Redding Walks



Message from the Mayor

Creating safe, accessible and interesting walking trails is a central component in attaining Redding's goal of a healthier community. To that end, Redding has partnered with Healthy Shasta to create this updated Redding Walks Guide.

The new guide is divided into 4 different regions and highlights 22 distinct walking routes within those regions. The variety of trails allows walkers of all ages unique access to the natural beauty of Redding, as well as the opportunity to visit some historic locations. The gem of the trail system is the award-winning Sacramento River Trail – extending over 15 miles through the heart of the City – featuring attractions such as soaring eagles, fish jumping, and the world-famous Sundial Bridge... all part of the outdoor splendor to be experienced!

These walking trails also serve as key links between neighborhoods and provide access to various services, connections that help build stronger communities and offer residents alternative transportation options.

I hope this informative and easy-to-use guide leads to you enjoying our unbelievable trail system and helps contribute to your healthier lifestyle!

I'm looking forward to meeting you on the trails. WALK ON!



Missy McArthur
Mayor, City of Redding



*Mayor McArthur
and son Rob*

Walking Tips

1. When walking on trails shared with bicyclists, be aware of their presence and keep to the right.
2. Drink water before you feel thirsty - before, during, and after exercise.
3. Walk briskly, but make sure you can maintain a conversation while walking. Stop if you feel pain, severe fatigue, light-headedness, dizziness, or significant shortness of breath.
4. Set goals to walk for a specified amount of time rather than distance. An average pace of brisk walking is one mile in 18-20 minutes. Beginners should strive for a 30-minute per-mile pace.
5. Work up to 30-60 minutes a day, five days a week, of walking or other moderate physical activity. Several short walks a day (10-20 minutes each) can be as effective in improving and maintaining health as one long walk.
6. Wear comfortable, sturdy shoes with good arch support, a firm heel, and plenty of room for your toes.
7. Warm up and cool down with five minutes of slow walking and some light stretching to prevent injuries and increase flexibility.
8. Before you start a walking program, check with your doctor if you have a health or safety concern.
9. For current walking maps, visit www.healthyshasta.org

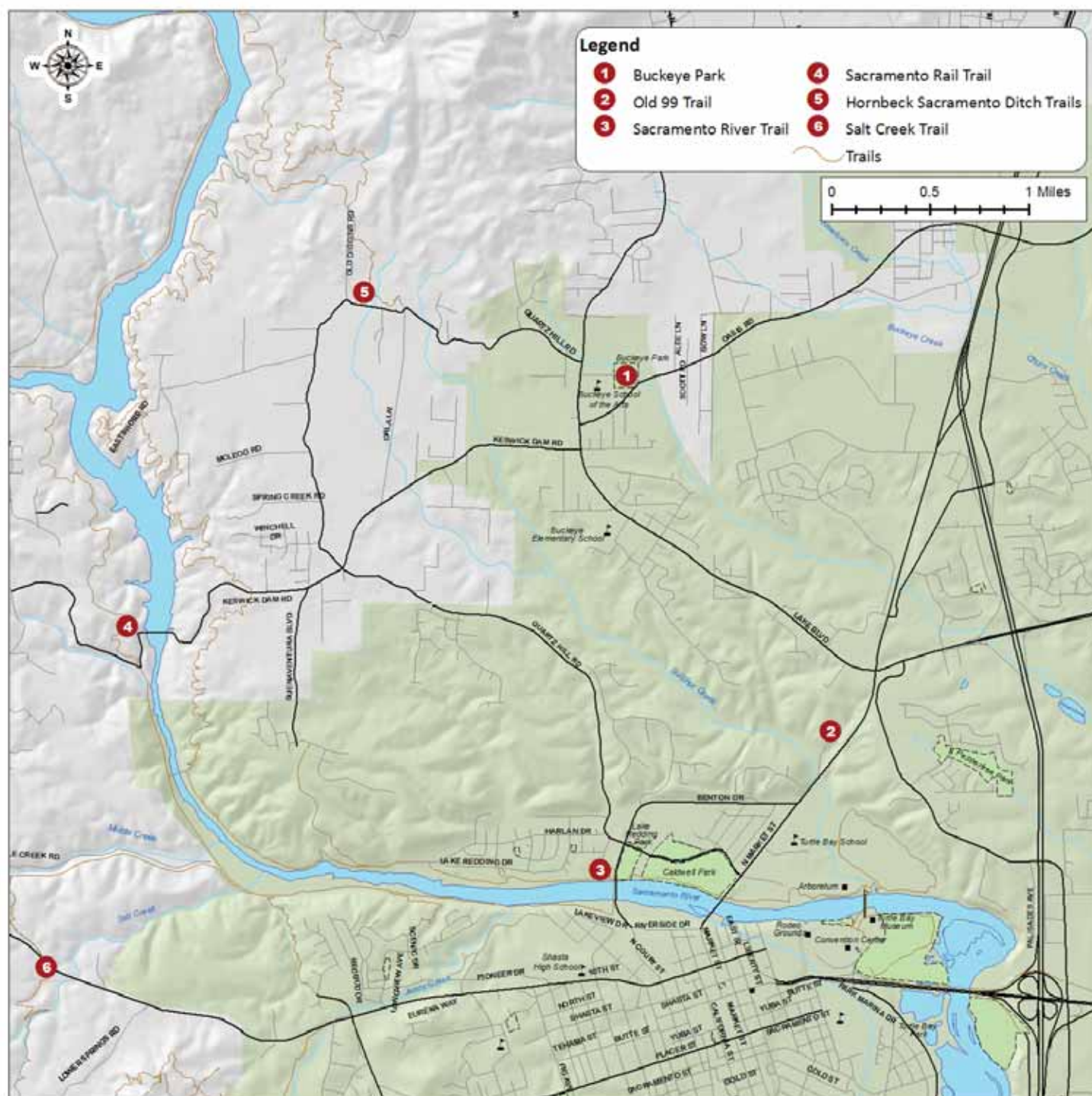
This Redding Walks guide is offered free to encourage physical activity and enjoyment of our beautiful area. Neither the City of Redding, ENPLAN, the County of Shasta, or Healthy Shasta endorse or assume responsibility or liability for the condition of any of the locations or programs described in this guide.

Redding Walks at a Glance

Redding Walks is divided into four areas: Northwest, Northeast/Southeast, Southwest, and Downtown. Each area has a large overview map featured before each trail description.

<i>Trail</i>	<i>Region</i>	<i>Surface</i>	<i>Length (miles)</i>	<i>Restrooms</i>	<i>Difficulty</i>	<i>Drinking water</i>	<i>Dogs</i>	<i>Bikes</i>
1 Buckeye Park	NW	Paved	.25 loop	Y	Flat	Y	Y	Y
2 Old 99 Trail	NW	Gravel	.63 one way	N	Hill	N	OK on leash	Y
3 Sacramento River Trail & connector routes	NW	Paved	~ 15 total some loops	Y	Flat & rolling hills	Y	OK on leash	Y
4 Sacramento Rail Trail	NW	Paved & Gravel	9 one way	Y	Flat	N	OK on leash	Y
5 FB, Hornbeck, Sacramento Ditch & Flanagan Trails	NW	Dirt	4 – 12 one way	N	Varies	N	OK on leash	Y
6 Salt Creek	NW	Dirt	3.5 one way	N	Rolling hills	Y	Y	Y
7 Lema Ranch	NE	Paved	4.75 total various loops	Y	Flat & rolling hills	Y	N	N
8 Churn Creek	NE	Gravel	~ 4 total	N	Flat & rolling hills	N	OK on leash	Y
9 Clover Creek Preserve	SE	Paved & Dirt	4+ loops	N	Flat	Y	OK on leash	Y
10 Enterprise Park	SE	Sidewalks & Dirt	1.5 paved; 1 dirt	Y	Flat & slight hills	Y	N	Y
11 Cascade Community Park	SW	Paved	.55 paved; .37 dirt	Y	Flat	Y	Y	Y
12 Blue Gravel Trail	SW	Paved	1.75 one way	N	Slight hill	Y	OK on leash	Y
13 Mary Lake	SW	Paved	.75 loop	N	Flat	Y	OK on leash	Y
14 Westside Trail	SW	Dirt	~ 6.5 some loops	N	Varies	Y	OK on leash	Y
15 Swasey BLM Recreational Area	SW	Dirt	16 various loops	N	Varies	N	OK on leash	Y
16 Downtown Points of Interest	SW	Sidewalks in most areas	4 total (two loops)	N	Flat & slight hills	Y	OK on leash	On roadways
17 Parkview Spheres & Sculpture Garden	SW	Sidewalks	~ 1 some loops	Y	Flat	Y	OK on leash	On roadways

Northwest Overview



1 Buckeye Park

Location

Access from Lake Blvd. and Hiatt Dr. Start near the ball field at Buckeye Park.

Distance

.25 miles

Terrain

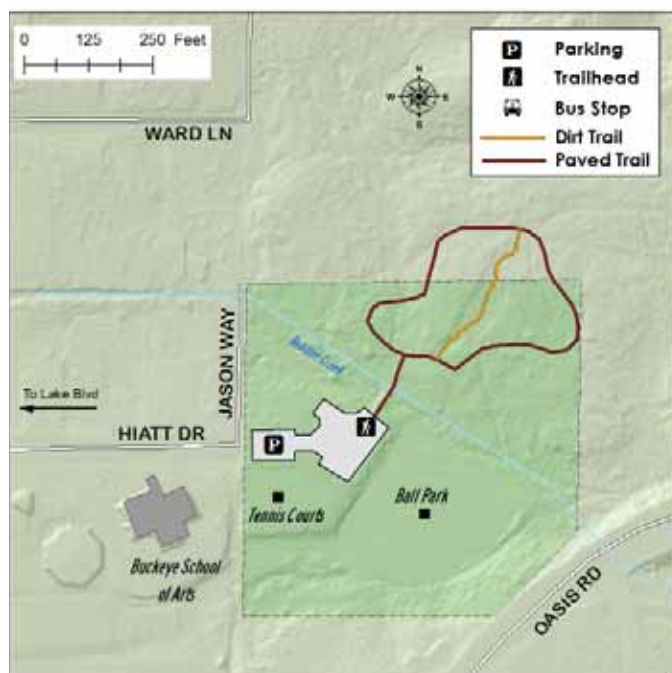
Paved, mostly flat

Adjacent Neighborhood

Buckeye

About the Route

The trail is located next to the ball field close to Buckeye School of the Arts. Paved loop through Manzanita and other native plants. Park offers tennis courts, ball field, and restrooms.



2 Old 99 Trail

Location

Start at either the intersection of Benton Dr. and Sulphur Creek Rd. at the bottom of the North Market St. hill, or near the top of the hill, on the sidewalk paralleling North Market St.

Distance

.63 miles one way

Terrain

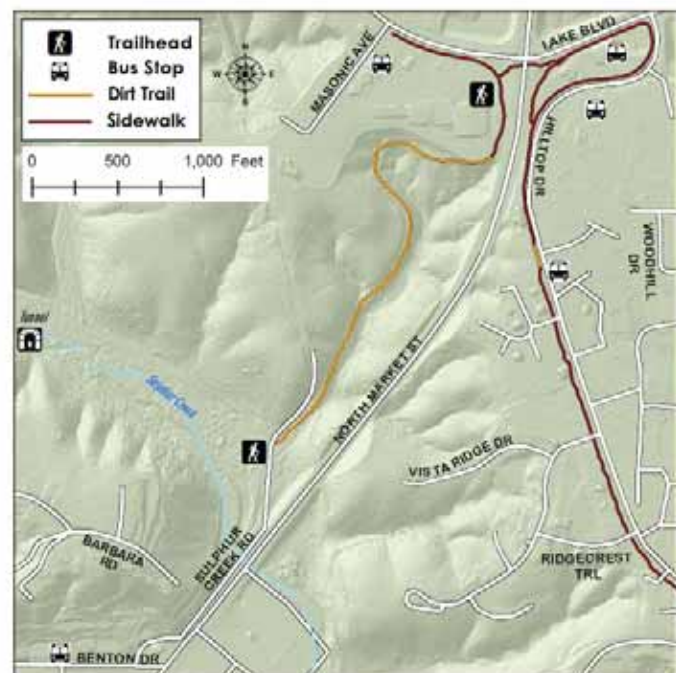
Unpaved, hard packed trail on a hillside

Adjacent Neighborhood

Buckeye Terrace, Miracle Mile/Sulphur Creek Hill, Benton Tract, North Hilltop, North Point, Twinview

About the Route

Trail traces abandoned Highway 99 route from the 1930's, meandering through the woods, making it a nice alternative to walking along North Market St. Easy access to many services such as restaurants, stores, and a supermarket.



3 Sacramento River Trail

Location

Multiple access points, refer to map

Distance

Approximately 15 miles paved

Terrain

Paved route along the Sacramento River. Trail crosses over river via four bridges (Sundial, Diestelhorst, concrete ribbon bridge and Market St.).

Adjacent Neighborhoods

North Hilltop, Benton Tract, Lake Redding, Stanford Hills Estates, Turtle Bay, Quartz Hill, Downtown, Sunset, Dana Drive, Garden Track

About the Route

This paved multipurpose trail is popular with walkers. The scenic trail winds along the beautiful Sacramento River, offering a sense of peacefulness within the city limits. The trail is more exposed and hilly on the north side, which links to the famous Sundial Bridge on the east end. The loop is relatively flat and partially shady on the south side of the river, which links to Keswick Dam.

Routes connecting to the Sacramento River Trail

3A. Expansion Trail (1.75 miles)

Start this walk between the south side of the Sundial Bridge and Turtle Bay Café. A paved trail meandering along the northeast side of the Museum and crosses under I-5 to Dana Dr., near the Mt. Shasta Mall.

3B. Arboretum/Hilltop (1.2 - 1.7)

Access from the water tower on Hilltop Dr. or the parking lot at Sundial Bridge. Trail is a paved loop with gentle rolling hills (1.2 miles). A steep paved hill climbs from the loop to Hilltop Dr. adding .5 miles.

3C. Stanford Hills Estates (.6 miles)

Access off the north side of the River Trail. A steep paved hill climbs to Stanford Hills Estates.

Continued on next page



3 Sacramento River Trail

3D. Buenaventura Trail (1 mile)

Access at Buenaventura Blvd. and Highway 299. Trail starts as a sidewalk, which turns to dirt at Sunflower Dr. Picturesque trail includes several bridges, canyon and creek views. Dirt trail ends on south side of River Trail and is .75 miles one way.

3E. Palatine Trail (.3 miles)

Access this trail from either the 1 mile marker on the south side of the River Trail or at the end of Palatine Ct. in the Sunset Terrace neighborhood. From the River Trail, path is a rugged, steep, short climb up to the railroad grade. Go left to a smooth dirt path that climbs up to a cul-de-sac (Palatine Ct.).

4 Sacramento Rail Trail

Location

Trailheads located at Iron Mountain Rd. (at Rock Creek Rd.), Keswick Boat Ramp, and Keswick Dam Rd. (just south of dam) and near the OHV Staging Area west of Shasta Dam. Trail connects Redding to Shasta Dam.

Distance

9 miles one way (River Trail to Shasta Dam)

Terrain

Paved. Keswick Dam Rd. to Keswick launch is very hilly. Flat from Keswick boat launch to foot of Shasta Dam.

Adjacent Neighborhood

Community of Keswick

About the Route

This BLM trail follows the old rail line along Keswick Reservoir, offering cooler summertime temperatures. Hike is fairly exposed. Enjoy views of the reservoir and Shasta Dam, wildlife such as deer and birds, and traveling through a railroad tunnel.

5 FB, Hornbeck, Sacramento Ditch, & Flanagan Trails

Location

Access trail off Quartz Hill Rd. (1 mile from Lake Blvd.), the end of Walker Mine Rd., Flanagan Rd., or south of Shasta Dam Visitor Center parking lot.

Distance

9.3 miles on FB, 4 miles on Hornbeck, 11.8 miles on Sacramento Ditch Trails (approximately 25 miles one way from Ribbon Bridge to Shasta Dam Parking lot)

Terrain

Mostly gentle rolling dirt path, some climbing to Chamise Peak (side trail) and short portions of FB

Adjacent Neighborhoods

Quartz Hill, Buckeye, Shasta Lake City

About the Route

Great views from Chamise Peak and nice river views along the trails. Hornbeck trail follows the path of a historic mining railroad that was rediscovered and developed by local historian Chuck Hornbeck, community volunteers, and BLM on the east side of the Sacramento River. The rail line was used in the early 1900's to haul quartz used as flux for nearby copper smelting at Kennett (now under Shasta Lake). If planning to cross Shasta Dam (to connect with trail 4 for a complete loop), call the Visitor Center for more information at (530) 275-4463.



FB, Hornbeck, Sacramento Ditch & Flanagan Trails



6 Salt Creek

Location

Off Lower Springs Road, just south and across the street from parking area on Valparaiso. Also from Hwy 299 and off River Trail.

Distance

3.5 miles one way

Terrain

Rolling dirt path

Adjacent Neighborhoods

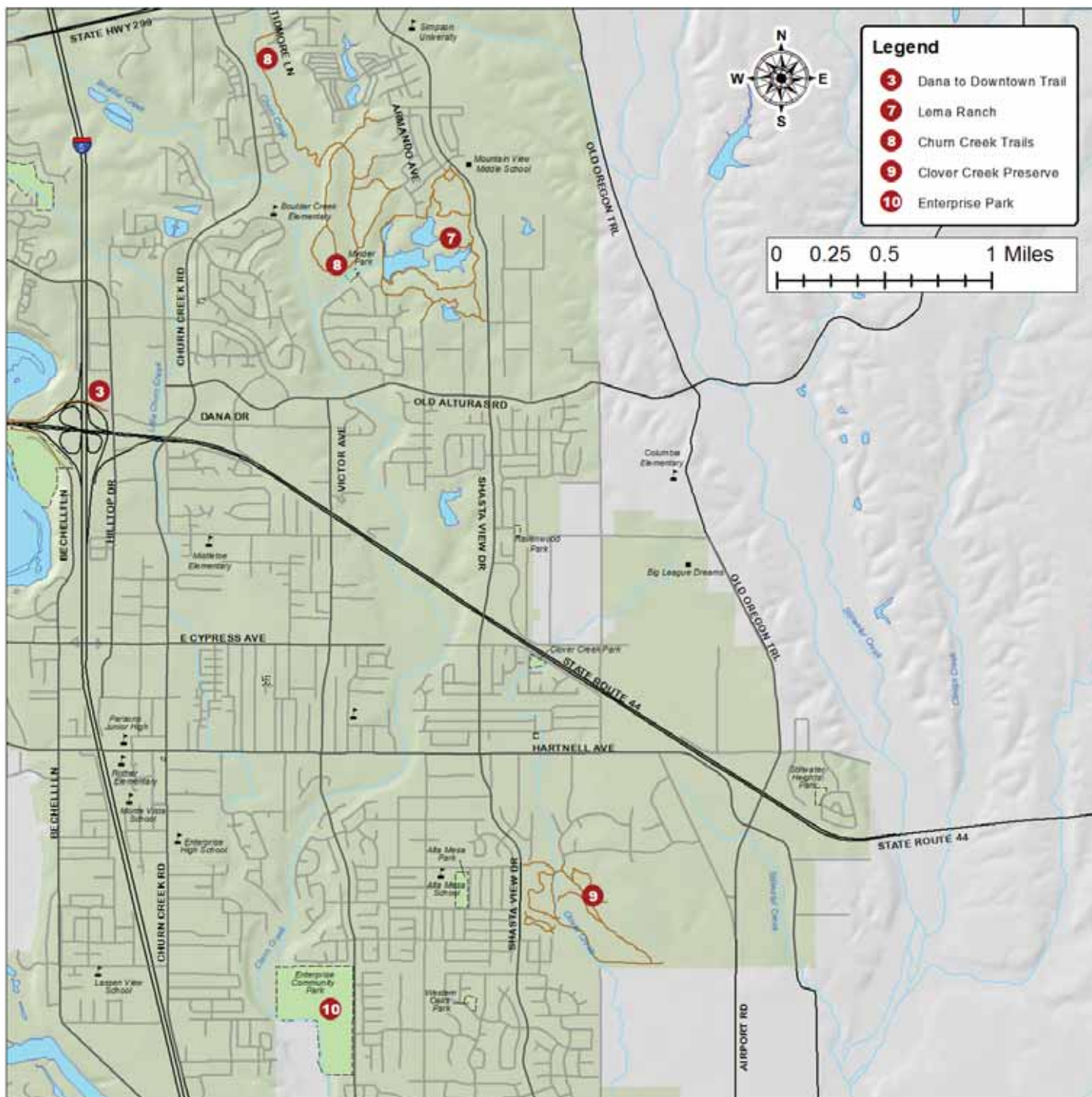
Lower Springs

About the Route

Can be used as connection between Sacramento River Trail and Westside Trails. Be careful when crossing Hwy 299.



Northeast and Southeast Overview



7 Lema Ranch

Location

Access from 800 Shasta View to parking lot located off Hemingway Rd or local neighborhoods.

Distance

4.75 miles total with loops of various lengths

Terrain

Paved surface, mostly flat with gentle hills on some loops.

Adjacent Neighborhood

Columbia, Lema Ranch, Simpson University

About the Route

Quiet, serene paths among ponds, birds and water fowl, a persimmon orchard, and views of mountain ranges. Perfect for walkers and runners. No pets, bicycles, or skateboards are allowed. Picnic tables, toilet, and drinking fountain at parking lot. Benches can be found along the trail. Three main loops make up this trail system: Secluded Loop (.75 m), Leah's Loop (1.75 m), and Mule Loop (2.25 m). For more info www.mcconnellfoundation.org.



8 Churn Creek Trails

Location

Adjacent to Lema Ranch Trails. Access from Minder Park, Tidmore Ln., or Palacio Dr.

Distance

Approximately 4 miles

Terrain

Most trails are gravel. Flat and wide with gentle hills on some loops.

Adjacent Neighborhood

Simpson University, Columbia, Lema Ranch, Boulder Creek, Hawley/Twin Tower, Edgewood

About the Route

Quiet, serene paths among beautiful trees. Trails are mostly shaded. Trails link to Lema Ranch trails, however, dogs and bicycles are only allowed on the Churn Creek trails.



9 Clover Creek Preserve

Location

Access off Shasta View Dr. & Venus Way (south of Hartnell) or from neighborhoods.

Distance

4 miles (2 miles paved, 2 miles dirt)

Terrain

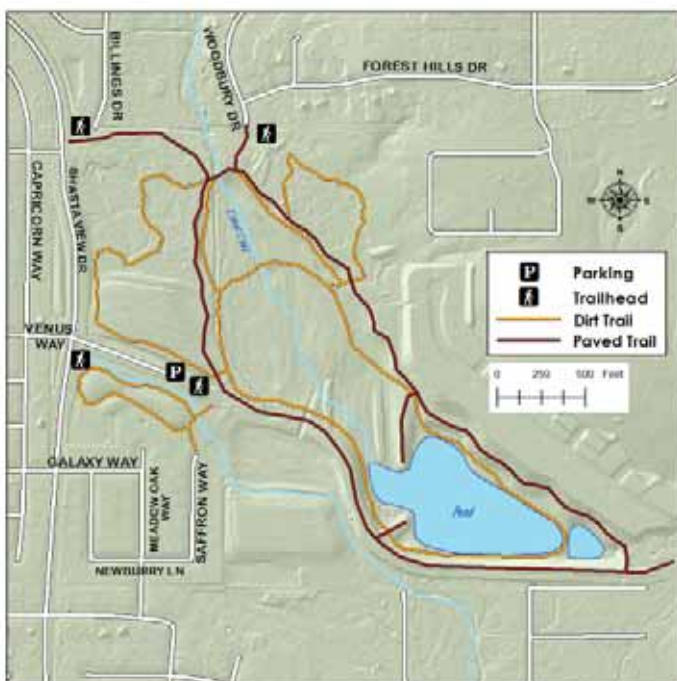
Flat paved trails with dirt off-shoot trails

Adjacent Neighborhood

Clover Creek, Saratoga, Goodwater, Starview, Forest Hills

About the Route

This 128-acre open space park features a 6.7 acre lake within a basin that provides flood protection to over 5000 acres of the Clover Creek Watershed. Exposed trails winding through natural grass, blue oak, and valley oak. Benches and interpretive signs educating about vernal pools and oak woodlands are located throughout the trail system.



10 Enterprise Neighborhood and Park

Location

Access off Victor Rd.

Distance

Approximately 1.5 miles of concrete path and 1 mile of dirt road

Terrain

Paved and dirt paths, may be muddy in wet weather. Mostly flat with a hill connecting the upper and lower parts of the park

Adjacent Neighborhood

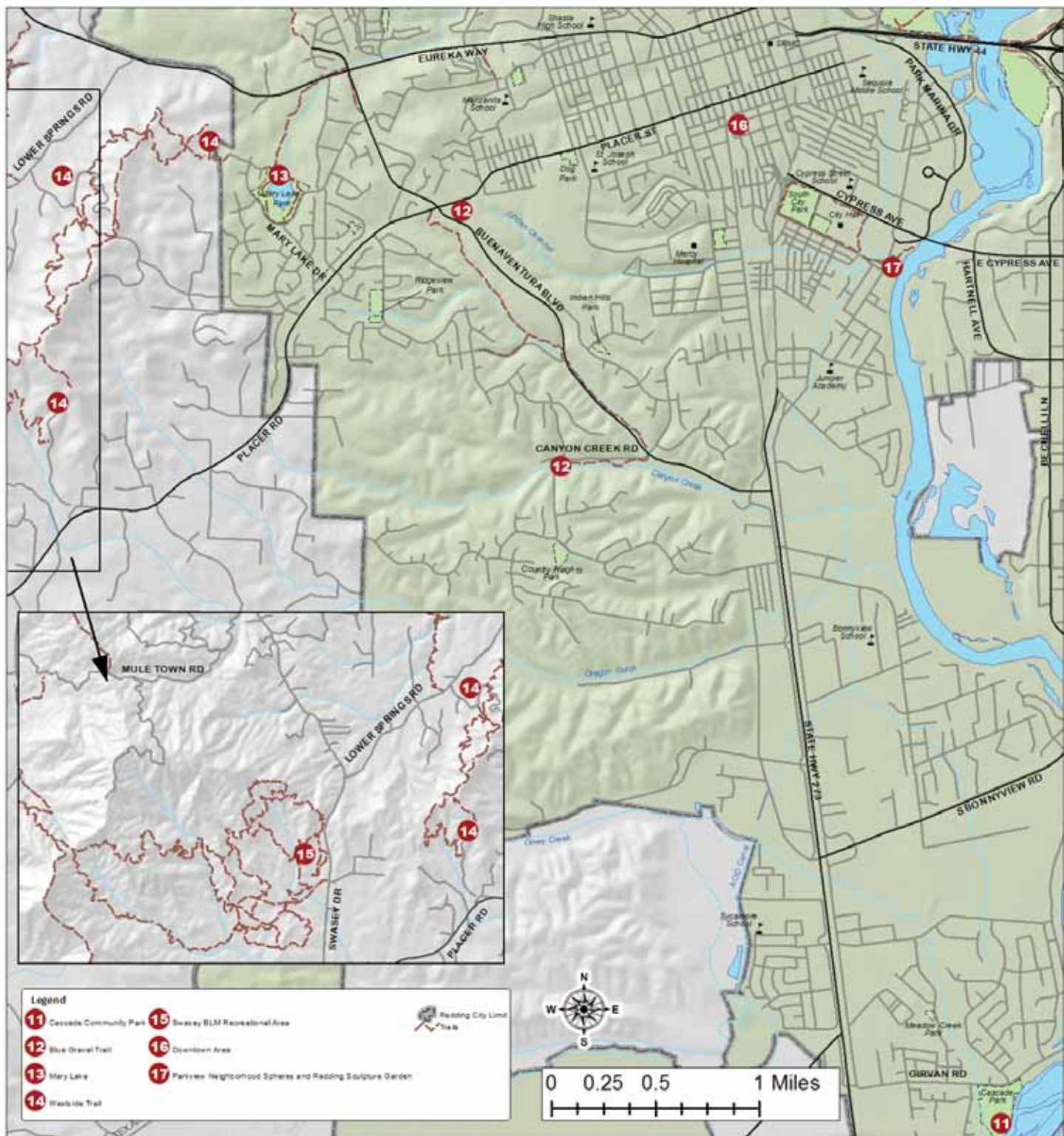
Saratoga, Alta Mesa, Starview, Oak Haven, Enterprise

About the Route

A walk through a lively park featuring three main sections. The first has frisbee golf & a soccer field. The second has the Kids Kingdom playground with seasonal water feature, a community center, restrooms, and drinking fountains. The third section includes open space with a community garden sponsored by People of Progress, and a BMX bike track. A dirt loop for walking or cycling surrounds the garden with views of Churn Creek. The trail also connects to the playground area and soccer field.



Southwest Overview



11 Cascade Community Park

Location

Park is located off Girvan Road. A loop trail circles the park.

Distance

Approximately .55 miles of concrete path and .37 dirt

Terrain

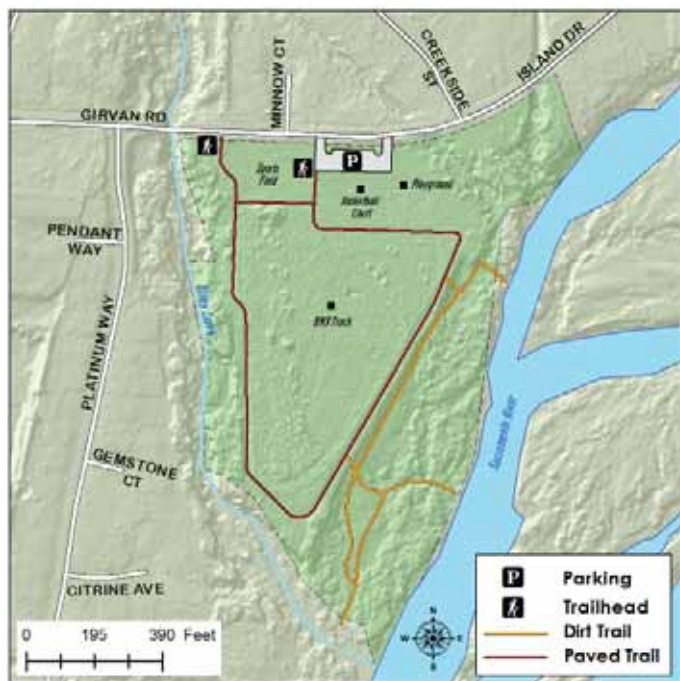
Flat loop

Adjacent Neighborhood

Girvan, Metz Rd.

About the Route

A short walk through Cascade Park along Olney Creek, which feeds into the Sacramento River. A quiet route with off-shoot dirt trails to access the river. Park offers basketball court, picnic tables, shade trees, drinking fountain, and BMX bike track.



12 Blue Gravel Trail

Location

Trail parallels Buenaventura Blvd. between Canyon Creek and Placer St. Trail access also from Teton Dr.

Distance

1.75 miles one way

Terrain

Paved, predominately uphill from Canyon Creek to Placer St.

Adjacent Neighborhood

Country Heights, Eagle Ridge, Buenaventura Park, Starlight, Ridgeview, Manzanita, Mary Lake

About the Route

Trail travels through a canyon near a seasonal creek, and the old Blue Gravel Mine, once a gold mine in the area operated by the City. Relics from this era are still visible from the trail. Much of the trail offers trees and shade. The trail is especially beautiful in the springtime when wildflowers and butterflies abound. Trail connects to the Holiday Market shopping center which includes restaurants and other services.



13 Mary Lake

Location

To access, from Placer St. take Mary Lake Dr. or Buenaventura to Lakeside Dr.

Distance

.75 – .9

Terrain

Concrete, flat loop around the lake

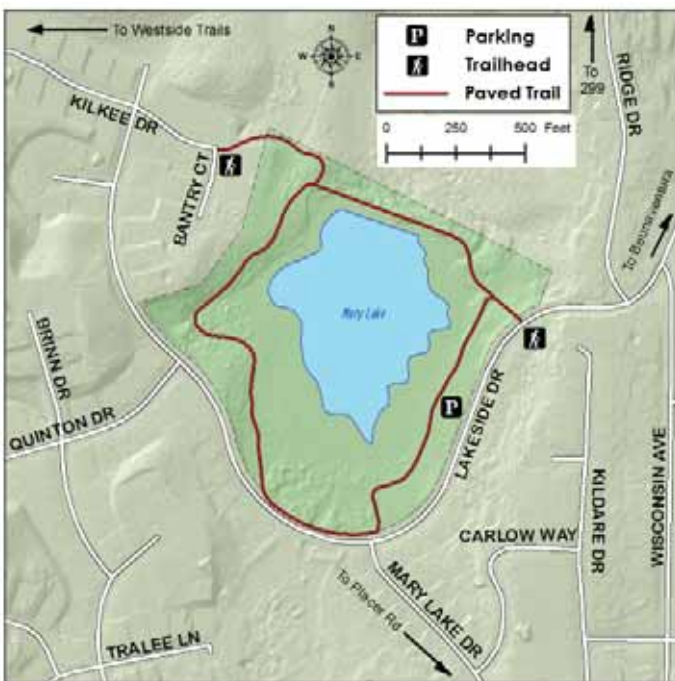
Adjacent

Neighborhood

Mary Lake, West Gate, Rolling Hills, Kildare

About the Route

A pleasant, easy walk that's mostly shaded. Look for beavers, ducks, and geese. Walks can be extended through quiet neighborhood to the Westside hiking trail off Kilkee Dr.



14 Westside Trail

Location

Four possible access points include: Kildare subdivision at Kilkee Dr.; Placer St. to O'Conner to Tralee to Dillard, up to gravel parking area; Placer St. to Towerview to Rattlesnake Rd. or Lower Springs Rd. to Valparaiso to small gravel parking lot. (Trail crosses Valparaiso to the east).

Distance

Approximately 6.5

Terrain

Hilly, rugged, dirt trails

Adjacent Neighborhood

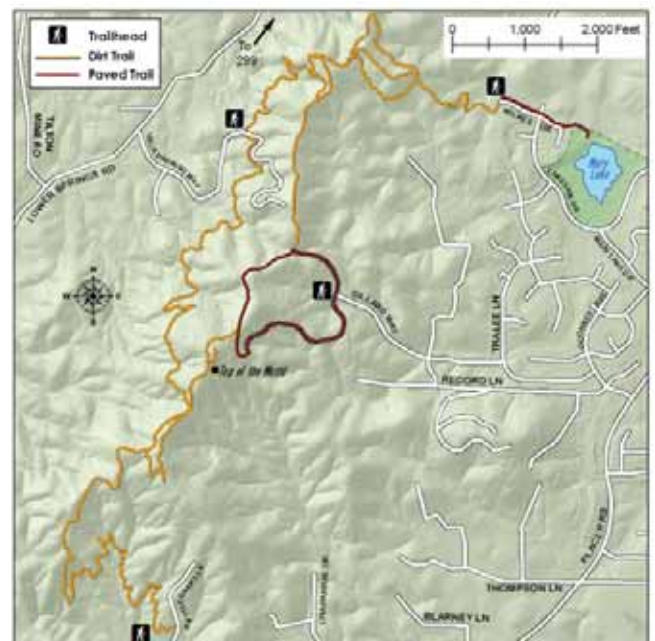
Placer, Lower Springs/Valparaiso, Mary Lake

About the Route

Trails of varying lengths for short or longer hikes and beautiful views of Mt. Shasta, Mt. Lassen, the Trinity range, and Redding.



*View from top of
the world*



15 Swasey BLM Recreational Area

Location

Access to Swasey Recreation Area is about 1 mile north of Placer St. on the west side of Swasey Dr. Park in gravel parking lot.

Distance

16 miles

Terrain

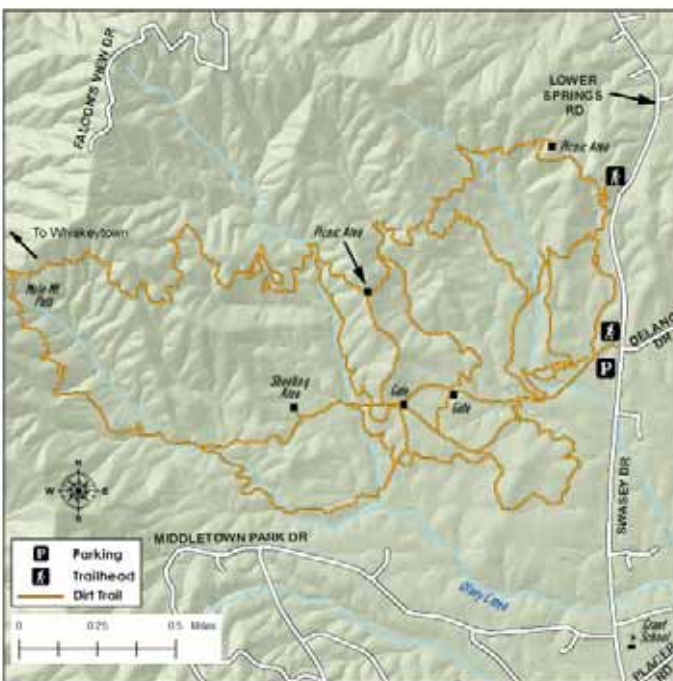
Rugged, hilly, dirt paths

Adjacent Neighborhood

Swasey, Ranchland Acres, Lower Springs Rd.

About the Route

Trails are rugged and with a variety of loops possible, encouraging self-exploration and wildlife viewing. Trail system connects to Muletown Rd. in Whiskeytown National Recreation Area via the Mule Mountain Pass trail, which is a part of the Shasta Trinity proposed trail system. Keep an eye out for poison oak.



16 Downtown Area Points of Interest

Location

Downtown Redding multiple access points.

Distance

Each loop approximately 4 miles

Terrain

Mostly flat with some hills, sidewalks in most areas

Adjacent Neighborhood

Garden Tract, Downtown, Parkview

About the Route

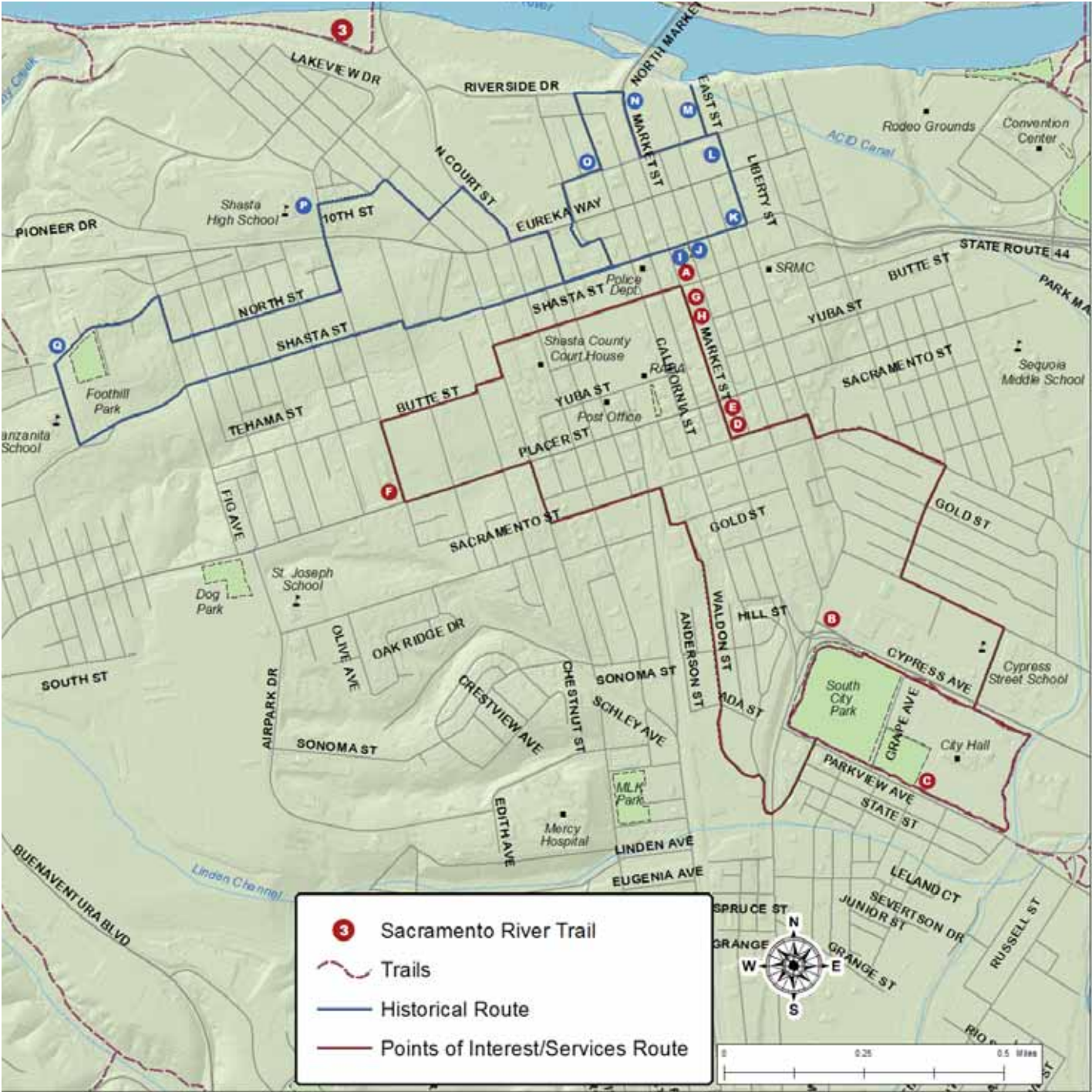
A walk highlighting services, entertainment, and historical features within downtown Redding.

- A. Shasta County Arts Council – 1313 Market St.
- B. Supermarket – Cypress St. & East
- C. Redding Library – 1100 Parkview Ave.
- D. Cascade Theater – 1731 Market St.
- E. Viva Downtown office – 1721 Market St.
- F. Schreder Planetarium – 1644 Magnolia Ave.
- G. Shasta Historical Society – 1449 Market St.
- H. Need 2 Speed Go Carts – 1501 Market St.
- I. Old City Hall – 1313 Market St.
- J. Fire House No. 1 – 1335 Shasta St.
- K. Edward Frisbie Residence – 1246 East St.
- L. Pine Street School Business Center (Redding Grammar School) – 1135 Pine St.
- M. Lawrence J. Kennedy Residence – 1314 Trinity St.
- N. *James Ellery Residence – 993 Market St.
- O. The A.M.E. Zion Church – 1090 California St.
- P. Shasta Learning Center – 2200 Eureka Way
- Q. Pilgrim Congregational Church designed by Frank Lloyd Wright – 2850 Foothill Blvd.

For other routes and historical information, pick up a copy of the Redding's Historic Architecture brochure at Old City Hall, 1313 Market St.

*denotes private residence, please respect privacy

Redding Downtown Overview



17 Parkview Neighborhood Spheres & Sculpture Garden

Location

Access near Redding City Hall

Distance

1 mile through Sculpture Garden and City Hall

Terrain

Flat, sidewalks and concrete paths

Adjacent Neighborhood

Parkview

About the Route

Route takes in 18 mosaic art spheres in the Parkview Neighborhood. The neighborhood art project was started in 2005 by Elin Klaseen, and Bill & Vanita Ulch. Artists, neighbors, and students from Juniper Academy Elementary School took part in designing and creating the spheres. Start walking from City Hall, meander through the 2.5 acre Sculpture Park for exercise, relaxation, and art appreciation. The Sculpture Park encompasses manicured gardens and features a collection of both permanent and touring works of art, showcasing a variety of artistic styles and visions.



Can you find the spheres?

1. Four located in the Parkview Green under the theme "Seasons on the Green"
2. Two spheres on Valentine Ln. of family and world themes
3. Four at Juniper School: Jaguar, Knowledge Spiral, Poppies, and Seasons
4. Four on Freebridge St: Dragonfly, Beetle Ball, Helios, and Starry Knight
5. Four spheres in the Parkview Riverfront Park. Each have Wintu Basket Designs: Arrowhead, Wolf's Eye, Suckertail, and Steps.



Parkview Riverfront Park offers benches, picnic tables, bike rack, and a historic building. Trail meanders along river.

City of Redding 225-4512

www.ci.redding.ca.us/communityservices

Graffiti Hotline: 245-6211

Police Department: 225-4200

Haven Humane: 241-1653

RABA bus: 241-2877

Shasta County Public Health:

245-6457 – www.shastahhsa.net

Healthy Shasta

www.healthyshasta.org (for additional trail maps)



A special thanks to:
McConnell Foundation
Historical Society
Parkview Neighborhood Association

September 2011

Visitor Information

When it comes to places that promote support a healthy active lifestyle, there's a lot more happening in Redding than what you see in this guide. In fact, there is a countywide movement afoot called Healthy Shasta, led by a local partnership focused on helping Shasta County residents increase healthy eating and physical activity. The partnership formed out of concerns over increasing rates of childhood obesity and chronic diseases such as Type II diabetes and cardiovascular disease. The Healthy Shasta movement has grown from 4 initial partners in 2005 to 20 community partners today. Healthy Shasta's vision is for a community where *the healthy choice is the easy choice*.



Walk This Way at Turtle Bay



Walk This Way at Turtle Bay



Some ways to reach this vision are to:

- Ensure students have access to healthy food and physical activity opportunities on school campuses.
- Support local food production and access to healthy foods in a variety of venues including restaurants, cafeterias and grocery stores.
- Create environments that make bicycling and walking easier, safer and more convenient for transportation and recreation.
- Ensure that land use policies and zoning codes support healthy and active lifestyles.

We hope you enjoy the Redding Walks guide. If you would like to learn more about Healthy Shasta or download the latest trail maps from throughout Shasta County, visit www.healthyshasta.org or join Healthy Shasta on Facebook.

Shasta County Public Health
2650 Breslauer Way
Redding, CA 96001

